15. A cap assembly, comprising:

a container having a plurality of sides and an opening disposed on a top portion of said container, said opening disposed at the top of a first one of said plurality of side walls, said opening covered by a cap positionable in an opened and closed position; and

an extendable straw, said straw having upper and lower portions, where said lower portion extends downwardly against said first side wall, and wherein said upper portion is coupled with an inner side of said cap so that when said cap is in an opened position, said straw is available at said opening for use.

- 16. A cap assembly as set forth in claim 20, said straw further comprising pleats disposed between said upper portion of said straw located on said cap and said second lower portion disposed along said first side wall so that said straw can bend over a base of said scored finger portion.
- 20. A cap assembly as set forth in claim 15, wherein said cap is a scored finger portion.
- 21. A cap assembly as set forth in claim 20 wherein a top opening of said straw is disposed co-planar with a top side of said scored finger portion.

22. A cap assembly, comprising:

a container having a plurality of sides and an opening disposed on a top portion of said container, said opening disposed at the top of a first one of said plurality of side walls, said opening covered by a cap positionable in an opened and closed position; and

an extendable straw, said straw having upper and lower portions, where said upper portion, coupled with an inner side of said cap, and said lower portion are connected by pleats, wherein the configuration between the upper and lower portions of the straw are such that the pleats are required to allow an unimpeded flow of liquid that passes through said straw and are further configured such that when said cap is in an opened position, said straw is available at said opening for use.

- 23. A cap assembly as set forth in claim 22, wherein said cap is a scored finger portion.
- 24. A cap assembly as set forth in claim 23, wherein said pleats, disposed between said upper portion of said straw located on said cap and said second lower portion disposed along said first side wall, are configured such that said straw can bend over a base of said scored finger portion.
- 25. A cap assembly as set forth in claim 23 wherein a top opening of said straw is disposed co-planar with a top side of said scored finger portion.

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26. A cap assembly, comprising:

a container having a plurality of sides and an opening disposed on a top portion of said container, said opening disposed at the top of a first one of said plurality of side walls, said opening covered by a cap positionable in an opened and closed position; and

an extendable straw, said straw having upper and lower portions, where said lower portion is disposed along said first side wall, parallel to both the edges of and the plane of said first sidewall, and wherein said upper portion is coupled with an inner side of said cap so that when said cap is in an opened position, said straw is available at said opening for use.

- 27. A cap assembly as set forth in claim 26, wherein said cap is a scored finger portion.
- 28. A cap assembly as set forth in claim 27, said straw further comprising pleats disposed between said upper portion of said straw located on said cap and said second lower portion disposed along said first side wall so that said straw can bend over a base of said scored finger portion.
- 29. A cap assembly as set forth in claim 27 wherein a top opening of said straw is disposed co-planar with a top side of said scored finger portion.--